Volume 10, Number 18 November 4-24, 1995

UCSF Newsbreak

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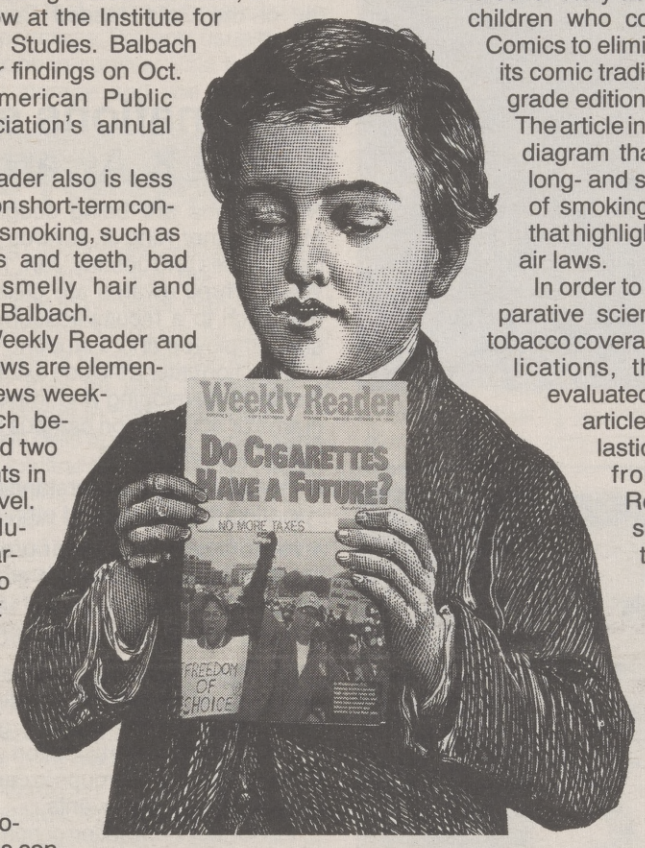
Weekly Reader presents tobacco-friendly message to kids

By REBECCA HIGBEE

One of the most popular newspapers read by elementary school students around the country has been found to be more likely to have articles friendly to the tobacco industry.

The paper, the Weekly Reader, is less likely to give a clear "no use" message compared to Scholastic News in articles related to smoking, according to Edith Balbach, a research fellow at the Institute for Health Policy Studies. Balbach presented her findings on Oct. 30 at the American Public Health Association's annual meeting.

Weekly Reader also is less likely to mention short-term consequences of smoking, such as yellow fingers and teeth, bad breath and smelly hair and clothes, says Balbach.



Both the Weekly Reader and Scholastic News are elementary school news weeklies that reach between one and two million students in each grade level.

"Health educators and parents need to know what materials and information reach elementary school students, and those materials should provide messages consistent with good public health practices," Balbach says.

Balbach and colleague Stanton A. Glantz, professor of medicine, compared tobacco-related articles from Weekly Reader and Scholastic News (grades four through six editions) published between 1989 and 1994.

Balbach's study was prompted by a cover story in the Oct. 14, 1994, fifth-grade edition of Weekly Reader that sparked a nationwide controversy. The cover story was titled "Do Cigarettes Have a Future?" and the story promoted smokers' rights, a position advocated by the tobacco industry, Balbach says.

"The controversy focused not only on the content of the article, but also on ownership," Balbach says. Weekly Reader was purchased by K-III Holdings in April 1991. The majority owner of K-III is Kohlberg, Kravis and Roberts, which was at the time the majority owner of RJR Nabisco, America's second-largest cigarette manufacturer.

At about the same time, Scholastic News ran a cover story about two Houston children who convinced Marvel Comics to eliminate smoking on its comic trading cards (fourth-grade edition, Nov. 18, 1994). The article included a detailed diagram that discussed the long- and short-term effects of smoking, and a sidebar that highlighted clean indoor air laws.

In order to establish a comparative scientific analysis of tobacco coverage in the two publications, the researchers evaluated tobacco-related articles (28 from Scholastic News and 34 from Weekly Reader) by using such specific criteria as the mention of short-term consequences of tobacco use in addition to long-term consequences, the establishment of a clear "no use" message, whether trade names or advertising figures such as Joe Camel and the Marlboro Man were pictured with or without editorial markings, and the inclusion of the tobacco industry's position and whether or not it was countered by other sources.

Balbach found that in terms of information on short-term consequences and clarity of the "no use" message, Weekly Reader was weaker than Scholastic News. In addition, Weekly Reader was significantly more likely to include the industry position in its articles — 23 articles compared with nine from Scholastic News. Out of the articles that presented the tobacco-industry position, no Scholastic News and nine Weekly Reader articles gave the industry the last word.

Allen J. Balderson

A little caring goes a long way

During UCSF's Week of Caring, more than 400 employees are participating in projects ranging from removing graffiti to gardening, distributing food to the homeless to reading stories to pre-school kids. Above, Annette Spears takes time out from her job as administrative assistant in anesthesia at UCSF/Mount Zion to play with Eyesys Gregory, one of the children at the Florence Crittenton Services Infant Day Care Center. Meanwhile, UCSF's Employee Community Campaign also continues (see page 5 for details).

Speakers denounce playing race card

By LISA CISNEROS

While some see the UC Board of Regents decision to dismantle affirmative action programs as a defeat for women and minorities, they also see it as a wake up call to action to oppose the California Civil Rights Initiative.

On the state ballot November 1996, the measure vows that the public sector "will not use race, sex, color, ethnicity or national origin as a criterion for either discriminating against or granting preferential treatment in hiring or contracting."

Elaine Lew, affirmative action coordinator for the East Bay Municipal Water District, told attendees at an Oct. 20 Conference on the Chancellors' Committees on the Status of Women that the ballot measure is an attempt by the right wing to exploit the white majority's fear of losing control in an ever-growing culturally diverse society.

"Affirmative action is seen as a wedge issue to take white males out of the Democratic Party so they can maintain a majority," she said. "This is big stakes politics here in an attempt to win the White House."

Speaking Oct. 24 before the UCSF Staff Council, UCSF psychiatrist H. Westley Clark, who holds a J.D. from Harvard, said immigration and race issues are being used "to foster a new sense of outrage and unfairness" among whites.

"As a black man, I can see the race card being played all around me," Clark said, adding that citizen groups, the government and UC are among those he believes are playing the game. "The race card has worked for the status quo for such a long time."

Quoting from the 1995 New York Times best-seller, "The End of Racism" by Dinesh

(See **DIVERSITY** *on page 2)*

Laurel Heights gets green light

It's full speed ahead for Laurel Heights now that the deadline has passed for any legal challenge to the latest EIR (Environmental Impact Report). The UC Regents already had approved the EIR at their meeting in September.

Under the approved new long-range, five-year occupancy plan, Laurel Heights will become the new Center for Social, Behavioral and Policy Sciences.

The campus now has a great opportunity to relocate to the site several administrative offices, office-based instruction and research programs that do not require biomedical laboratories. The resulting center will bring together researchers from a wide range of disciplines who study ways to modify society or individual behaviors to bring about health promotion, better compliance with medical treatment, or improved quality of life.

(See **LAUREL HEIGHTS** *on page 2)*

DOE closes Laboratory of Radiobiology

The Department of Energy has closed the Laboratory of Radiobiology & Environmental Health as part of a cutback forced by federal budget reductions. The DOE provided a significant portion of the funds for the 31-year-old research institute located behind the School of Nursing. The laboratory has 83 people working on site, including visiting scholars, postdoctoral fellows and 46 full-time staff members.

The laboratory was notified by the DOE on Oct. 13 that all DOE-sponsored research must cease on Friday, Dec. 1, according to laboratory director Michael Banda. Although closure of the lab was not expected, severe budget reductions were. As a result, eight staff employees were laid off effective Oct. 1, bringing the total layoffs to 13, which includes positions lost to attrition and retirement.

Because the DOE only provided a portion of research funds to the laboratory, no layoffs are scheduled for Dec. 1. The fate of the remaining staff will depend on the ability of principle investigators to temporarily absorb staff on non-DOE funds and on their success in securing other funding. Failure to do this, however, will increase the likelihood of additional layoffs in 1996, says Banda.

"The laboratory building will not be closing

(See **RADIOBIOLOGY** *on page 2)*

Robert Foothorap

Halloween Health Happening at Hamilton

Witches, spacemen and other characters showed up for a UCSF Halloween health fair at the Hamilton Recreation Center on Oct. 28. The treats at the fair were designed primarily for families in the nearby Western Addition community, including fun tricks by clowns, games for children of all ages and, of course, health screenings and information. The event was co-sponsored by the HMO PacifiCare. Above, Chuck Hatchett has his blood pressure checked by second-year pharmacy student Grace Park, center, and UCSF/Mount Zion nurse Kathy Walton.

Gazette

Honors & Awards

Goldfine

Ira D. Goldfine, medicine, physiology & UCSF/Mount Zion Diabetes and Endocrine Research Laboratory: 1995 Distinguished Alumnus, UCSF/Mount Zion.

Morrie Mink, otolaryngology/head & neck surgery: Outstanding Service Award, UCSF/Mount Zion.

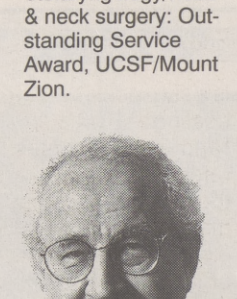
Ganong

William F. Ganong, physiology: Lifetime Achievement Award, Council for High Blood Pressure Research.

Diana L. Taylor, family health & community nursing: Achievement in Research Award and the Lorretta C. Ford Award for Political/Organizational Advancement, National Organization of Nurse Practitioner Faculties.

Catherine L. Gilliss, family health & community nursing: 1995 Outstanding Nurse Practitioner Educator Award, National Organization of Nurse Practitioner Faculties.

Ron A. Siegel, pharmacy & pharmaceutical chemistry: Vice president, the Controlled Release Society.



Mink

Contracts & Grants

Information on contracts and grants is made available to this paper through individual departments, researchers or the funding agency.

Martha Neighbor, Med. Educ., Med. & SFGH; **Kathleen Puntillo,** Psych. Nursing: Received $10,000 from the Emergency Medicine Foundation/Emergency Nursing Foundation for "Comparative Efficacy of Pain Relief Using IM Ketorolac and Oral Ibuprofen in English and Non-English Speaking Patients Presenting to an Emergency Department in Moderate to Severe Pain."

Private Support

UCSF is pleased to acknowledge the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received Oct. 1-15, 1995. These gifts/pledges have arrived during the final phase of UCSF's Strength to Strength fund-raising campaign.

$500,000 - $999,999
Church & Dwight Company Inc.

$100,000 - $499,999
Helmut Horten Foundation
Estate of Margaret S. Rea

$25,000 - $99,999
Baxter International
The Jane Coffin Childs Memorial Fund for Medical Research
Hologic Inc.
Megabios Corporation
Pharmacia Inc.
Rhone-Poulenc Rorer Inc.
The Stuart Foundations
The Tides Foundation

Physiologist Leslie Bennett dies

Bennett

Leslie L. Bennett, vice chancellor emeritus, academic affairs; professor emeritus, physiology; and a member of the University for nearly 65 years, has died just 18 days short of his 87th birthday.

Over the last several years, Bennett headed special projects for the Chancellor, wrote historical papers, particularly on his mentor Herbert M. Evans, and founded the Emeritus Faculty Association of UCSF.

His UC life began at Berkeley where he earned an AB in Zoology in 1933 and a PhD in Anatomy in 1937. He completed his MD at UCSF in 1940, at which time he was nominated for the Gold-Headed Cane award. He became an assistant professor of medicine in 1943 before leaving for the Department of Physiology, where he became chair in 1953. Hundreds of medical students remember him fondly as one of their best and most dedicated teachers.

He was appointed vice chancellor for academic affairs from 1966-71 and from 1973-77. While he had broad scientific interests, his research centered mainly around metabolic aspects of endocrine activities. Some years after his retirement, UCSF honored Bennett with the UCSF Medal, the highest award the campus bestows.

Final arrangements are being made by the Neptune Society. The family requests in lieu of flowers that contributions be made to the Friends of the Bancroft Library at UC Berkeley or the Gold-Headed Cane Society at UCSF.

What do you know about UCSF?

A new UCSF Facts booklet — the first in almost four years — now is available. A lively, easy-to-read summary of what is special and interesting about UCSF, from the number of surgeries performed each year to the number of shuttle riders daily, UCSF Facts is intended to surprise and enlighten even the most knowledgeable UCSF veterans. A limited number of copies will be sent to departments free of charge in November. Additional orders will be recharged at cost. For more information — or for placing orders — write "UCSF Facts," Box 0462.

Nominations sought for MLK Awards

Nominations are being sought for the Dr. Martin Luther King Jr. Awards to be given at ceremonies on Tuesday, Jan. 16, during MLK Week. Three awards are given annually — one each to a faculty/academic member, a staff employee and a student.

Selection criteria include extraordinary leadership in developing and implementing programs or activities on campus that have promoted and advanced:

- mutual respect, understanding and appreciation for cultural and ethnic diversity,
- recruitment and hiring/admission of underrepresented ethnic groups,
- retention and career mentoring of underrepresented ethnic groups.

Nominees also may have assisted in ensuring equal opportunity for career advancement for underrepresented groups and/or encouraging the participation of traditionally underrepresented groups in campus committees, activities and events.

For further information or nomination forms, call the Affirmative Action/Equal Opportunity Office at 476-4752. Nomination forms also are available in the Office of the Chancellor, S 126 and at the Moffitt Hospital Information Desk. Nominations must be returned to the Affirmative Action/Equal Opportunity Office, Box 0988, 145 Irving Street, no later than 5 p.m. on Friday, Nov. 10.

Holding to the truths of diversity

Minorities, particularly Native-American Indians, are underrepresented not only at UCSF, but in the sciences in general. According to the National Science Foundation, of all the science and engineering students enrolled in graduate programs in the US in 1992, fewer than 1 percent were American Indian.

Many campus leaders are helping to promote the American Indian presence at UCSF, but one stands out in particular — neurosurgeon Charles Wilson, director of tertiary care and the Brain Tumor Research Center. For his work, UCSF's Native-American Health Alliance, an organization made up of American-Indian students, staff and faculty, has honored him with a sacred eagle feather. "I see this as recognition that is based not strictly on one's accomplishments or intellect, but rather on one's heart and soul," says Wilson, a member of the Cherokee nation.

Wilson was presented the award recently at a farewell gathering for participants in this year's American-Indian Health Sciences Summer Program, one of UCSF's projects which helps promote diversity.

Sawar Young was part of that program last year, and benefited from it so much that she applied to be part of this year's Graduate Division Summer Research Training Program. She was accepted again. Her research work under faculty mentor Charles Ordahl proved not only exciting for her, but beneficial to the campus. Working in the laboratory of Wilfred Denetclaw, Young studied muscle development in quail embryos using such techniques as microdissection and immunofluorescence. Her results showed a triphasic rate for myosin protein appearance in somites when compared to the rate of somite formation during early stages of quail embryo development. To the layman, this may not mean much. To anatomy researchers, it's not only impressive, but creates new avenues for investigation.

Allen J. Balderson

Charlie Wilson proudly displays his eagle feather.

Radiobiology *(from page 1)*

on Dec. 1," says Banda. "Some research activities and training will continue due to several NIH research grants and a NIH-sponsored training grant that supports 12 postdoctoral fellows each year."

While the DOE presently owns the building, contract provisions with the University allow for the building to be turned over to UC. At this writing, the fate of the building has not been determined.

The Laboratory of Radiobiology & Environmental Health is an organized research unit in the School of Medicine. It grew out of the Radiological Laboratory of the Department of Radiology, established in 1951 by the Atomic Energy Commission to study the effectiveness of radiation in treating cancer. In 1964, that project was terminated and the laboratory became a basic cell biology institute.

Laboratory research efforts focus on understanding how radiation damages cells and leads to greater instability in the human genome. The laboratory consists of several interrelated groups studying DNA replication and DNA repair, cytogenetics and chromosomal stability, cellular structure, the physiology of wound healing, developmental biology and cancer. Laboratory faculty members have appointments in the Department of Radiology and various basic science departments.

Diversity *(from page 1)*

D'Souza, Clark said the book is evidence that the country has entered into "revisionism" by defending racist practices, such as slavery. "If DeSouza says that slavery is OK, then there is no historical basis for a social phenomenon like affirmative action," Clark said.

Both Clark and Lew acknowledged that as long as racism and discrimination exist as characterized by Mark Furhman, the rogue cop in the O.J. Simpson trial, affirmative action is necessary.

"Affirmative action benefits more than just women and minorities, it will help to maintain the economic stability of the state," added Lew, pointing out that over the next decade, more than half of California's population will be people of color and already more than half are women. "The women's vote is very important in our strategy to defeat the CCRI," she said.

Meanwhile, Ward Connerly, who led the Board of Regents along with Gov. Wilson in abolishing the University's affirmative action policies for admissions, hiring and contracting on July 20, defended his views before a Senate subcommittee in Washington, D.C. last week. Televised on C-Span2 Oct. 23, Connerly was asked by Senator Paul Simon (D-Ill.) if it is wrong for Washington University to offer a scholarship program for African Americans. Connerly replied that he believes it is wrong because any university that receives tax dollars is obliged to treat everyone the same.

Laurel Heights *(from page 1)*

The building will consist of 93 percent administrative office space and seven percent laboratory space. Current occupants of the building include administrative and academic offices, support facilities and a conference center.

"One reason this EIR went unchallenged was due to the hard work and expertise of a team of UCSF staff and consultants," says Vice Chancellor Bruce Spaulding.

In related news, on Oct. 20 the California Superior Court denied the Laurel Heights Improvement Association's motion for award of attorneys' fees and costs incurred from prior litigations not involved with this EIR.

Correction

In the last issue of Newsbreak, an article on the Oct. 12 systemwide demonstration to support affirmative action contained some incorrect information. There were minority faculty members at UCSF in 1968, including three Asian Americans in the Department of Pathology.

UCSF Newsbreak

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Deadline for the next issue, which will cover November 25-December 22 (four weeks), will be on **Monday, November 13, at 11 a.m.** Please send campus news copy to Allen Balderson (476-3163 or allen_balderson@quickmail.ucsf.edu), Medical Center news to Lisa Cisneros (476-3256 or lisa_cisneros@quickmail.ucsf.edu), and calendar and gazette items to Michele Firpo (476-3257 or michele_firpo@quickmail.ucsf.edu), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If at any time, you feel you have a need to view this communication in an alternate format, please contact Allen Balderson at 476-3163 with your suggestions.

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Diabetes: The latest from UCSF

Editor's Note: The cause of diabetes remains a mystery, and its incidence is on the rise. Scientists also are stumped by the fact that 80 million Americans have some degree of insulin resistance, which could lead to diabetes. During November, Diabetes Awareness Month, Newsbreak offers a sampling of the latest information from UCSF researchers and health care providers to bring people the latest on this often deadly disease. Contributing to this report were: Allen J. Balderson, Andy Evangelista, Patricia Forsyth and Rebecca Higbee.

The Facts, the Figures

Every 60 seconds at least one person is diagnosed as having diabetes. Afflicting nearly 14 million Americans, the disease occurs in two forms, both of which lead to a dangerous buildup of sugar in the blood, due to a lack of the hormone insulin. Ninety percent of diabetics suffer from adult-onset diabetes or Type II diabetes, which is triggered by a combination of insulin resistance and inadequate insulin production. The disorder usually surfaces in middle age. Patients often can avoid the need for insulin injections by strategies such as losing weight and controlling diet.

Juvenile-onset or Type I diabetes affects the remaining 10 percent of diabetic patients. In this form, the body attacks and destroys its own Beta cells that normally manufacture insulin in the pancreas. Patients usually need insulin injections to survive. Vital for normal carbohydrate storage and use, insulin enables many types of body cells — such as muscle, nerve and certain skin cells — to absorb and burn glucose, the simple sugar that fuels cellular engines.

Diabetes can lead to the development of life-threatening complications. Every year, up to 39,000 people lose their sight due to the disease. Close to 10 percent of all diabetics develop kidney disease, including kidney failure. Diabetics are nearly 28 times more likely to have their lower limbs amputated, and they are two to four times more likely to have heart disease and five times more likely to suffer a stroke.

Gene Research

Researcher Ira Goldfine and colleagues have identified a protein — and the gene that produces it — that may trigger many cases of adult-onset diabetes. If they can find a way to "turn off" the gene or its protein, the researchers say, they may be able to reverse or prevent the disorder in many patients.

Studying skin cells from adult-onset diabetes patients, Goldfine and colleagues, including Betty Maddux, a medical specialist at UCSF/Mount Zion, identified a protein — PC-1, normally found in small amounts in many body cells — that makes the cells "resistant" to normal actions of the hormone insulin. This insulin resistance is a hallmark of adult-onset diabetes.

When the researchers used gene transfer techniques to insert PC-1 genes into a strain of cells often used in laboratory studies, they found that the cells overproduced PC-1 and became insulin resistant.

Diabetes mellitus, a disease characterized by high blood sugar levels, results from an inability to process carbohydrates properly. Serious complications caused by the high blood sugar, such as foot ulcers, blindness and kidney failure are common.

Several studies have shown that insulin resistance precedes onset of high blood glucose levels in most of these people, Goldine notes, suggesting that it may be the primary defect leading to diabetes.

Skin Shock

School of Pharmacy researcher Richard Guy has found rather serendipitously, he says, a way to possibly help millions of diabetics. In his investigations on how to get drugs through the skin without damaging skin cells, Guy has found a promising method — called iontophoresis — which uses small electric currents to transport through the skin molecules that carry an electrical charge. The force of direct current creates low resistance pathways through the skin so that charged chemicals or medicine can be transported much more easily.

Guy says that by reversing iontophoresis, glucose can be drawn through the skin by "ecectro-osmosis." A Redwood City-based company, Cygnus Therapeutics Systems, has taken Guy's discovery and developed a non-invasive glucose monitoring device, that is worn like a wristwatch. The beauty of this device, says Guy is that it is a painless, bloodless and convenient way for diabetics to measure their blood sugar levels, a process crucial in helping them control their disease and avoid serious health complications. Unlike the now-available monitoring kits, which require pricking the finger to obtain whole blood, the skin stays intact.

Only a tiny amount of energy, delivered by battery, is needed to do the trick. The patient feels no more than a slight tingle on the wrist. Another advantage of the new device is that it will record measurements every 30 minutes, and the information can be stored in case the patient or health care provider wants to track the rise and fall of blood sugar over a long period. The device already has been tested in humans and the company expects to make it available to the public by 1997.

Family Diabetes Project

The Department of Family & Community Medicine has received a $1.2 million grant to study how the relationships and lifestyles of adult diabetics and their spouses affect the progression and management of Type II diabetes over time.

The three-year grant — from the National Institute of Diabetes and Digestive and Kidney Diseases — will fund the San Francisco Family Diabetes Project at UCSF. The project brings together family researchers and clinicians from many fields, including psychology, nursing, medicine, and nutrition.

Hispanic and non-Hispanic white couples (150 of each) will be recruited 18 to 60 months after one partner's diagnosis of non-insulin-dependent or Type II diabetes. The couple must have lived together for at least three years to assure stability of social context, say co-principal investigators Lawrence Fisher, professor of family & community medicine, and Catherine Chesla, assistant professor of family health care nursing.

Hispanics and non-Hispanic whites are the two largest ethnic groups in San Francisco, and diabetes is a major health problem for both, Fisher says. Slightly more than 40 percent of all diabetics in California are non-Hispanic white and almost 40 percent are Hispanic. Ten percent of California Hispanics have the disease, twice the rate for non-Hispanic whites in the state.

UCSF researchers will ask couples in the study about their beliefs regarding the cause, treatment and outcome of diabetes, as well as about their personal health, well-being, and stress. They also will share how their family manages self-care behaviors, who does what in the home, and their views of family structure and function related to diabetes care.

Previous studies into insulin-dependent diabetes have suggested the importance of the family in affecting self-care behaviors and other disease-related outcomes, Chesla says. Until now, there have been very few studies of Hispanic or non-Hispanic white families in which an adult spouse has Type II diabetes.

Diabetes warning signs

Type I diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue
- Irritability

Type II diabetes

Any of the symptoms above, plus:

- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands or feet

Source: American Diabetes Association

Management and Care

Diabetes is managed by keeping blood sugar levels within a specific range through self-care behaviors, including diet, exercise, oral hypoglycemics and, in some cases, insulin injections.

UCSF has the longest operating diabetes teaching center in the Bay Area. Established in 1974, the Diabetes Teaching Center trains adults and children how to manage their own diabetes through four-day and five-day outpatient programs covering 15 different aspects of diabetes education and treatment. The programs are team-taught by clinicians from all four UCSF schools — Medicine, Pharmacy, Dentistry and Nursing — and from the nutrition and psychiatric services.

The Center offers instruction and demonstrations in proper diet, nutrition and exercise, the usage of insulin, self-testing for glucose and urine levels, oral agents, complications and psychosocial issues.

Earlier this year, the Center received the prestigious American Diabetes Association Award of Recognition for its patient education programs. The ADA is the nation's leading voluntary health organization supporting diabetes research and education, with nearly 800 affiliates and chapters. For more information on the Diabetes Teaching Center, a joint program between the Department of Medicine, Metabolism Section, the Department of Family Health Care Nursing and the Medical Center, call 476-5029 or 665-1010.

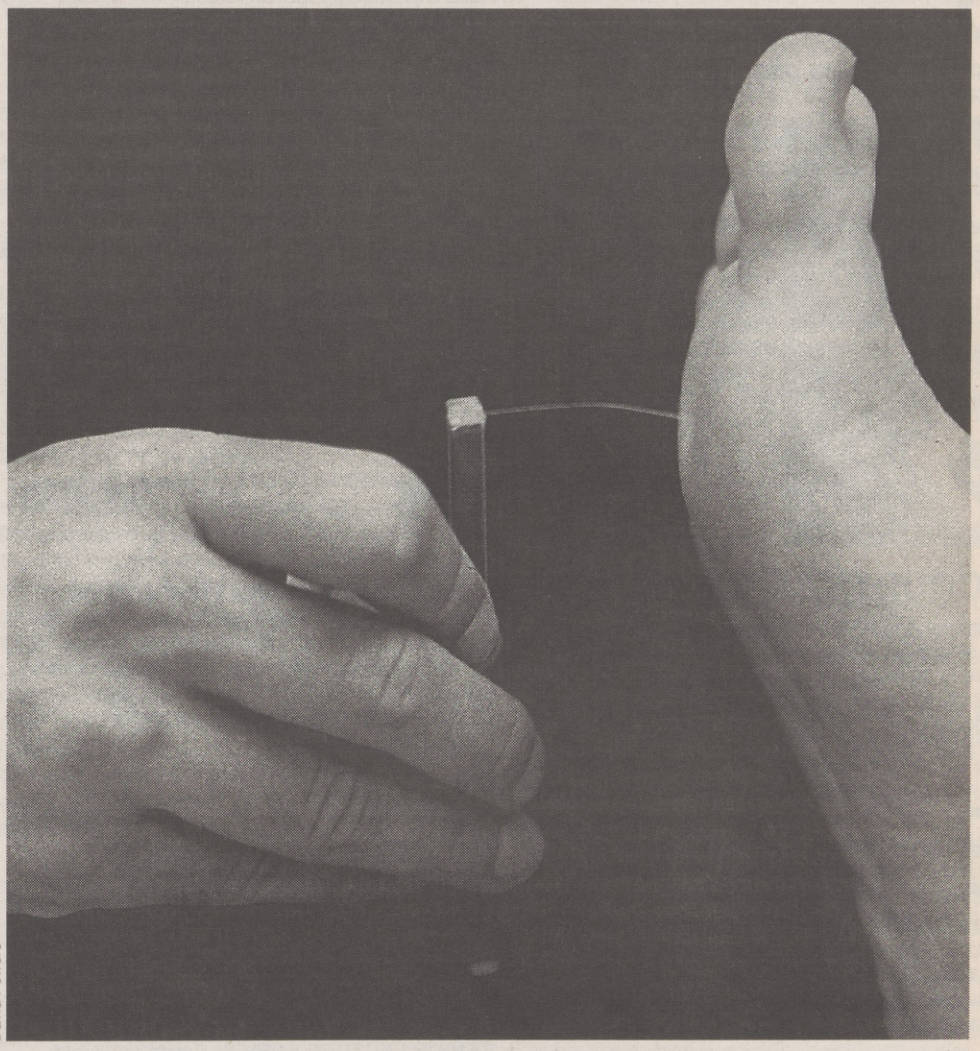
Also on campus, there is a diabetes clinic on the fifth floor of the Crede Ambulatory Care Center for adult and pediatric patients. The adult clinic meets every Monday and Friday morning, while the pediatric clinic meets every Monday afternoon. The clinic offers a comprehensive, team approach to the management of diabetes, utilizing physicians, a nurse practitioner, a counselor, and a nutritionist. Their treatment methods are based on the approach used by the Diabetes Control and Complications Trial, an international study recently completed which demonstrated that people can reduce the risk of diabetic eye, kidney and nerve disease by controlling blood sugar levels. Support groups also are offered. For further information call 476-1104.

SFGH also offers a Diabetes Clinic every Friday in the main hospital building, Rm. 1M16. Directed by Marc Hellerstein, the clinic is a subspecialty referral program for patients dealing with problems in how to manage Type I and Type II diabetes. "We get a lot of patients referred to us who are not doing as well as they might and may need more intensive management," says Hellerstein. "Sometimes diet, therapy or new medications or initiation of insulin treatment are required by certain patients and they need the combined expertise of a integrated diabetes program." The clinic features a diabetes teaching program as well as a monthly support group, which just celebrated its 10th anniversary. For more information on the clinic, call 206-5886.

Where else to turn:

- The new Oral Medicine Clinic at SFGH offers treatment for diseases of the mouth related to diabetes, as well as oral cancer and HIV. The clinic is part of the UCSF Family Dental Center and can be reached at 476-5692.
- Those living in the Fresno area may go to the Central California Diabetes Center at the Valley Medical Center, a clinic directed by Joseph C. Shipp, UCSF professor of medicine. For further information, call 209-453-5189.

Sole Guardians at the VAMC



David Powers

The sensitivity of a patient's foot is tested with nylon filament.

Nearly 54,000 amputations performed each year in the US are on diabetics. For over a decade now, a team of VAMC researchers has been working to prevent such foot and leg amputations.

Nerve problems — neuropathy — rob many diabetics of some or all feeling in their feet. A simple splinter, a cut or stone in the shoe, even a small corn goes unnoticed until tissue breaks down and an ulcer appears. Bed rest, sanding of calluses that form around the lesion, and antibiotics, the usual treatments, often are ineffective. The poor blood circulation that frequently accompanies diabetes hampers healing, inviting gangrene — and amputation. The process can be both physically and psychologically debilitating.

VAMC investigators led by podiatric researchers Peter Graf and Richard Stess feel it's best not to wait for the inevitable problems, but instead identify the diabetics with the greatest risk of developing ulcers, educate these patients and put them in proper shoe gear.

The two developed the "San Francisco Custom-Molded Shoe" (see UCSF Magazine, June 1986), an inexpensive custom shoe which has been reducing the toll taken by foot ulcers. Their shoe is so successful, it has become a model for diabetic centers and clinics across the nation. The shoe is produced within 90 minutes after making a mold to form the patient's foot — at a cost of less than $50 including labor.

Today/Tomorrow

4 Saturday

LOW VISION FORUM: *Blindness in the Third World.* Daniel Goodman, Oph. Forums are held on the first Saturday of each month. Main foyer, ACC. 11 a.m.-1 p.m. Call Frances Neer at 626-5313 for information.*

WOMEN'S RESOURCE CENTER WORKSHOP: *Beyond the Living Will — Durable Powers of Attorney for Health Care.* Brook Radelfinger, attorney, explains how non-married couples can participate in the health care of their loved ones. $45. C 130. 10 a.m.-1:30 p.m. Call 476-5222.*

PARNASSUS UCSF PLAYERS THEATER

SEE "THE GOOD DOCTOR"

Parnassus Players, the campus theater group, presents "The Good Doctor" by Neil Simon, a wry and humorous adaptation of seven short stories by great Russian writer and doctor, Anton Chekhov. Performances on Nov. 4 & 5, 9-11, 16 & 17. $3 students/$5 general public. Toland Hall. 8 p.m. Call 476-6761.*

6 Monday

UCSF & SF MEDICAL GROUPS/HEALTH NET WORKSHOP: *FIT Talk.* Learn about the three components of a well-rounded exercise program. Free for Health Net, UCSF & SF Medical group members/$8 all others. Millberry Fitness Cntr. 5:30-6:30 p.m. Call 476-0373 for locations.*

UCSF & SF MEDICAL GROUPS/HEALTH NET WORKSHOP: *Back Care.* Learn how to reduce your risk of injuries through strengthening and stretching in this workshop with a UCSF physical therapist. Free for Health Net, UCSF & SF Medical group members/$15 Millberry members & UCSF students/$18 UCSF employees/$20 general public. Millberry Fitness Cntr. 6-7:30 p.m. Call 476-0373.*

7 Tuesday

X-COUNTRY SKI PARTY

Beginners & old pros alike are invited to learn about new skis, view slide shows, videos and discuss where to go skiing. Hot waxing scheduled (bring $1 for wax). Bring some refreshments to share. Outdoors Unlimited Cntr., under UCSF Library. 6:30 p.m. Call 476-2078.*

8 Wednesday

BROWN BAG LECTURE SERIES: *25 Ways to Avoid a Lawyer.* Stuart Bronstein, lawyer, offers tips to avoid business problems and lawyers. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

THE NEXT DEADLINE

Mon., Nov. 13, 1995 is the deadline for items to be listed in the next calendar, which covers **Nov. 25-Dec. 22, 1995** (four weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Mail your copy to Michele Firpo at Box 0462, e-mail it to michele_firpo@quickmail.ucsf.edu, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257. To submit articles for Newsbreak, e-mail information to Allen Balderson at allen_balderson@quickmail.ucsf.edu, fax it to 476-3541 or call 476-3163. To submit articles for Medsounds or page 6, e-mail them to Lisa Cisneros at lisa_cisneros@quickmail.ucsf.edu, fax it to 476-3541 or call 476-3256.

9 Thursday

WOMEN'S RESOURCE CENTER PRESENTATION: *A Reading with Ginu Kamani.* Author of "Junglee Girl" expresses her outrage toward oppression of women by Indian society. Toland Hall. Noon-1 p.m. Call 476-5222.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Babe.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 7:45 p.m. (Movies subject to change.) Call 476-2542.*

UCSF & SF MEDICAL GROUPS/HEALTH NET WORKSHOP: *Knee Care.* Learn how to reduce your risk of injuries through strengthening and stretching in this workshop with a UCSF physical therapist. Free for Health Net, UCSF & SF Medical group members/$15 Millberry members & UCSF students/$18 UCSF employees/$20 general public. Millberry Fitness Cntr. 6-7:30 p.m. Call 476-0373.*

10 Friday

ART FOR LUNCH

UCSF staff, faculty and students may take docent-led tours of "FACING EDEN: 100 Years of Landscape Art in the Bay Area," at the de Young Museum, on Fri., Nov. 10 & 17. Transportation provided from Parnassus campus. Sponsored by Millberry Arts & Performances. $7. Noon. Call 476-6761 in advance to reserve a space in the van.

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Long Life Now: Strategies for Staying Alive.* Lee Hitchcox, author, explains the secret behind cultures noted for extreme longevity. N 721. Noon. Call 330-5353.*

TOMKINS LECTURE & CONCERT

Linda Schele, archeologist and lingist, U Texas, Austin, lectures on Mayan hieroglyphic code. Preceded by violinist Stuart Canin and pianist Paul Hersch performing Beethoven's "Kreutzer" Sonata for Violin and Piano, plus Canin, Hersh and violist Leslie Tomkins and cellist Tanya Tomkins performing the last movement of Brahms' Piano Quartet in G Minor. Twentieth Anniversary Gordon Tomkins Lecture & Concert sponsored by Tomkins Committee, Herbert W. Boyer Fund & Biochem. & Biophysics. Cole Hall, plus closed-circuit viewing in HSW 300 and Carr Aud., SFGH. 3-5 p.m. Call 502-5141.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Babe.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:30 p.m. (Movies subject to change.) Call 476-2542.*

11 Saturday

WOMEN'S RESOURCE CENTER WORKSHOP: *Safe, Strong & Streetwise: Self-Defense and Assertiveness for Girls & Young Women.* Nina Haft, self-defense teacher & rape counselor, teaches self-defense strategies for girls 12-16. $40. Studio 2, Millberry Fitness Cntr. 1:30-5:30 p.m. Call 476-5222.*

13 Monday

HOSPITAL NEW EMPLOYEE ORIENTATION: LPPI Aud. 8:30 a.m.-1 p.m. Department personnel representatives call John Frank at 476-3001 to schedule.

UCSF MEDICAL GROUP/SENIORITY PLUS SENIOR LECTURE SERIES: *Eating for Health.* Beverly Mack, Nutr. & Diet., UCSF/Mount Zion, explains how good dietary habits improve health and reduce risks of illness. Lakeside Presbyterian Church, Eucalyptus & 19th Ave. 10 a.m. Call 476-0373.*

14 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

ORCHESTRA CONCERT

(See item in Fun Zone on page 6.)*

*Open to the public.

15 Wednesday

EMPACT! COOKBOOK & SEE'S CANDIES SALES

Cookbooks feature 200 recipes from UCSF staff and faculty. $8 for one, $15 for two. Candy costs $8.25/lb. (reg. $9.90/lb.).

MCB: Nov. 15 & Dec. 12. MCB Lobby. 11a.m.-2 p.m.

Parnassus: Nov. 20-22, Dec. 12-14 & 19-21. Education Center Lobby (near Cole Hall). 11 a.m.-2 p.m.

Oyster Point: Dec. 4. Elbow Room. 11 a.m.-2 p.m.

UCSF/Mount Zion: Dec. 5. Nosherie. 11 a.m.-2 p.m.

Executive Park: Dec. 11. Lobby. 11 a.m.-2 p.m.

Laurel Heights: Dec. 13. Vending Rm. 11 a.m.-2 p.m.

SFGH: Call 206-8229 for information.

MCB CRAFTS FAIR

(See item in Fun Zone on page 6.)*

BROWN BAG LECTURE SERIES: *The Headache Hour.* Neil Raskin, Neuro., on causes and treatments for headaches. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

WOMEN'S HEALTH ACCESS & WOMEN'S RESOURCE CENTER PRESENTATION: *Urinary Incontinence: The Hidden Epidemic.* Jeannette Brown, Gyn. & Women's Health Access. A 455. 5:30-6:30 p.m. Call 476-5222.*

STUDENT CAREER FORUM

Students in pharmaceutical chemistry, pharmacology, biomedical sciences (physiology) and physical therapy may meet alumni in those disciplines to discuss career opportunities. Sponsored by Grad. Div. Alumni Assn. Fac. Alum. House, 745 Parnassus. 6-9 p.m. Call 476-9158 by Fri., Nov. 10 to reserve a spot.

16 Thursday

MISSION CENTER BROWN BAG LECTURE SERIES: *Dynamic Health in Motion.* Judy Hofmann, Ob/Gyn. & Dynamic Walking Inst., gives tips for more efficient walking, running and hiking. Sponsored by Public Service Programs. Rm. 125, Mission Center Bldg., 1855 Folsom. Noon. Call 476-4394.*

VISITING ETHICIST LECTURE SERIES

Edmund Pellegrino, Clin. Bioethics, Georgetown U, is the first lecturer in the UCSF/Mount Zion Med. Cntr. Visiting Ethicist Lecture Series. Sponsored by Mount Zion Health Systems. Call 885-7371.

- Thurs., Nov. 16: *Beneficient Killing: The False Promise of Euthanasia & Assisted Suicide.* Toland Hall. 4:30 p.m.*
- Fri., Nov. 17: *Ethics or Economics: The Challenge of Managed Care.* Herbst Hall, UCSF/MZ. 8:30 a.m. Followed by case presentations.

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Dangerous Minds.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8 p.m. (Movies subject to change.) Call 476-2542.*

17 Friday

OU SEA KAYAK SALE

Outdoors Unlimited sells their used sea kayaks. Through Nov. 22. OU Cntr., under UCSF Library. 11:30 a.m.-1:30 p.m. (Mon.-Fri.), 5-7 p.m. (Mon., Tues. & Fri.) & 4-6 p.m. (Wed. & Thurs.). Call 476-2078.*

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Mysticism: The ABC of Delight.* Ariosto Coelho connects mystical consciousness to healing. N 721. Noon. Call 330-5353.*

GENE THERAPY LECTURE

Virus-Mediated Gene Transfer. James M. Wilson, Inst. for Human Gene Therapy, U Penn. Sponsored by Gene Therapy Core Cntr. Toland Hall. 1-2 p.m. Call 476-7934.

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Dangerous Minds.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change.) Call 476-2542.*

18 Saturday

UCSF/MOUNT ZION CENTER ON AGING ALZHEIMER'SWORKSHOP: (See item in Upcoming Events on page 5.)*

TEEN HEALTH FORUM

(See item in Upcoming Events on page 5.)*

GOULD SYMPOSIUM & FILM FESTIVAL

(See item in Upcoming Events on page 5.)*

20 Monday

AGGELER LECTURE

(See item in Upcoming Events on page 5.)*

ARTHRITIS BENEFIT

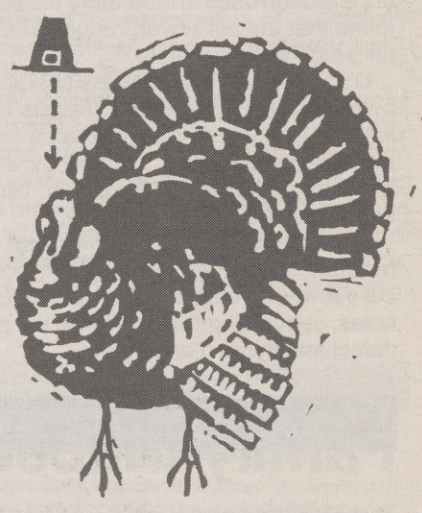
(See item in Upcoming Events on page 5.)*

UCSF/MOUNT ZION BROWN BAG LECTURE SERIES: *An Open Forum on Cancer.* Laura Esserman, Surg. & Breast Care Cntr., UCSF/Mount Zion, and Ernest Rosenbaum, Med., discuss breast cancer prevention and an update on new cancer treatment strategies. Sponsored by Public Service Programs. Herbst Hall, UCSF/Mount Zion. Noon. Call 476-4394.*

22 Wednesday

BROWN BAG LECTURE SERIES: *Lowfat Feasting Over the Holidays.* Kathleen Bell, Nutr. & Diet., offers strategies for making healthier choices and avoiding weight gain. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

23 Thursday



HAPPY THANKSGIVING

DEVELOPMENT & TRAINING

For further information call 476-4032.

The UCSF Budget Process. Tues., Nov. 7. 9 a.m.-4:30 p.m. $40.

Supervising in the Workplace: Administering Consistent & Appropriate Discipline. Wed., Nov. 8. 8:30 a.m.-noon. $40.

Payroll Workshop. Wed., Nov. 8. 12:30-4:30 p.m. $40.

Strategies for Salary Setting. Tues., Nov. 14. 9 a.m.-noon. $40.

Productive Communication for Managers & Supervisors. Wed., Nov. 15. 9 a.m.-3 p.m. $80.

Cost Transfers. Tues., Nov. 21. 9 a.m.-noon. $40.

Business Writing Basics. Tues. & Thurs., Nov. 28, 30, Dec. 5 & 7. 10 a.m.-1 p.m. $100.

Writing Job Descriptions & Understanding Classification Concepts. Wed., Nov. 29. 8:30 a.m.-12:30 p.m. $40.

The UCSF Budget Process. Wed., Dec. 6. 9 a.m.-4:30 p.m. $40.

General Ledger & Accounting. Fri., Dec. 8. 9 a.m.-4:30 p.m. $50.

Supervisor's Guide to Performance Evaluation. Tues., Dec. 12. 8:30 a.m.-4:30 p.m. $40.

Contracts & Grants Workshop. Wed., Dec. 13. 9 a.m.-noon. $40.

Customer Service Strategies. Thurs., Dec. 14. 8:30 a.m.-4:30 p.m. $90.

November 4-24, 1995

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

SATURDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Sat. of month. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Call 885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets bi-monthly. 11:30 a.m.-12:30 p.m. Call 476-8279.

UCSF STAFF COUNCIL MEETING: Second Mon. of month. Noon-2 p.m. Call 476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mon. of month. Reservations must be made at 929-7114. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/ SFGH. Meets monthly at noon. Call 476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tues. of the month. MU 111W. Noon-1 p.m. Call 566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or Parnassus. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Second Tues. of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of month. C 130. 7:30-9 p.m. Call 284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wed. of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues will be present. Call 282-9650.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: Open to anyone interested in learning more about psychiatric disorders & their treatments. Call Laura Deering-Mayclin at 476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wed. of month. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call Betty Jerez at 476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

T'AI CHI CLASSES. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

CANCER SUPPORT GROUP — FAMILY MEMBERS: First & third Wed. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 4:30-6 p.m. Call 885-3693.*

BREAST CANCER SUPPORT GROUP: J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 885-3693.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: 12-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thurs. of month. Bring CPAP equipment for check-up. Call 885-7886.*

CANCER SUPPORT GROUP — PATIENTS: First & third Thurs. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. Call 885-3693.*

LESBIAN LUNCH GROUP: Monthly on Thurs. Call 476-8410.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thurs. of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets regularly. Performances of Neil Simon's "The Good Doctor" in progress. Call 476-6761 or 476-9012 (day) or 821-5701 (evening).*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thurs. 6-8 p.m. Call 775-2854 to pre-register.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fri. of month. Noon-1 p.m. C 254. Call 476-0589.

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Fri. of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.*

For information on 12-step and support groups (other than AA and Al-Anon), call the Mental Health Association of San Francisco at 921-4044.*

INFORMATICS CLASSES

The UCSF Library offers the following free classes held in S 165A (EC) or 222 Library (LC). Call 476-2337 for a complete schedule.

- Mon., Nov. 6: *MELVYL® Databases.* (LC) 10 a.m.-noon
- Tues., Nov. 7: *ENDNOTE® for the Mac.* (EC). 1-3 p.m.
- Wed., Nov. 8: *PsychINFO.* (LC). 2-4 p.m.
- Thurs., Nov. 9: *HIV/AIDS Information Resources.* (EC). 1-3 p.m.
- Fri., Nov. 10: *Medline Plus I: Basics.* (LC). 10 a.m.-noon.
- Fri., Nov. 10: *Introduction to the Internet.* (EC). Noon-1 p.m.
- Mon., Nov. 13: *Electronic Discussion Groups.* (EC) 2-3 p.m.
- Tues., Nov. 14: *Medline Plus II: Advanced.* (LC). 2-4 p.m.
- Wed., Nov. 15: *GALEN II & the World Wide Web.* (EC). 9-10:30 a.m.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Because the service has become so popular and appointments often are filled by the time this calendar is published, we list only dates when the van will be at UCSF locations.

- Mon.-Thurs., Nov. 27-30: UCSF/Laurel Heights, 3333 California St.
- Fri., Dec. 1: UCSF/Parnassus at Medical Center Way.
- Fri., Dec. 22: UCSF/Parnassus at Medical Center Way.

Upcoming Events

UCSF campaign continues with winetasting Nov. 16

Employees who remember to return their United Way pledge forms with a minimum donation of $24 to Payroll before Monday, Nov. 14, will be eligible for a large campus-wide raffle drawing. The grand prize is a Dell 450C Notebook Computer, including a dual scan with color.

The drawing will be held on Thursday, Nov. 16, at a wine tasting fund-raiser at the Faculty Alumni House. Tickets to this event cost $10 and will be sold through Public Affairs. For more information call 476-0729.

Teen health forum

Teenagers and their families are invited to join mental health professionals and educators to discuss issues affecting the physical, emotional, and mental health of teens at a forum on Saturday, Nov. 18, from 8 a.m. to 1 p.m. in Cole Hall.

The free event is co-sponsored by the UCSF Medical Center, the Mental Health Board, and Children, Youth and Family Services of the San Francisco Department of Public Health's Division of Mental Health.

The following speakers will address the forum between 8 and 10 a.m.: Mary-Ann Shafer, professor of pediatrics and associate director of adolescent medicine, will discuss "Modern Adolescent Development"; Mel Miles, of the Richmond Area Multi-Service Center and chair of the Mental Health Board, will discuss "Public Policy and Adolescents"; Rene Velasquez, executive director of the Central American Refugee Center, will discuss "Immigration and Refugee Issues for Teens"; Janet Shalwitz, medical director of the Health Department's Bureau of Children Youth and Families and executive director of Health Initiatives for Youth, will discuss "Teen Services — What We've Got; What We Need."

Open discussion sessions focusing on public health, diversity, public policy, and adolescent to adult transition will round out the program. Participants will be invited to make recommendations about services to members of the Mental Health Board of San Francisco. Call 255-3474 for more information.

Gould forum, film festival

San Francisco Performances and Health Program for Performing Artists at UCSF present a one-day symposium and film festival, "Glenn Gould: Variations on Musical Genius in Our Time," on Saturday, Nov. 18, from 9 a.m. to 5 p.m. at Dolby Laboratories Presentation Facilities, 100 Potrero Ave.

Gould, a legendary pianist acclaimed worldwide, remains a controversial figure in terms of the originality of his interpretations as well as his life-long struggle with isolation and medical problems. A prolific and inspiring writer, as well as a gifted composer, he applied his various skills to documentaries and films. The symposium will probe the life of Gould and will present preliminary findings that may shed light on his physical and mental suffering. Speakers include Peter Ostwald, professor of psychiatry and medical director, Health Program for Performing Artists at UCSF. Excerpts of several films will be screened.

Advance registration deadline is Friday, Nov. 10. Cost is $100; a buffet lunch is included. To register by phone or for more information,call 398-6449.

Alzheimer's workshop

A free workshop on Alzheimer's disease is being offered by the UCSF/Mount Zion Center on Aging on Saturday, Nov. 18, from 9 a.m. to 12:30 p.m. at the Laurel Heights Conference Center.

The workshop is for anyone who is interested in learning more about this illness. UCSF/Mount Zion faculty will lecture on normal memory loss, signs and symptoms of Alzheimer's disease and diagnosis, treatment and research.

Experts will discuss legal and financial issues. Workshop participants will have the opportunity to interact with physicians, nurses, social workers and legal experts to discuss specific concerns.

Agencies participating in the workshop will include the UCSF/Mount Zion Center on Aging, Mount Zion Institute on Aging, UCSF Alzheimer's Center and Memory Clinic, the Alzheimer's Association, Family Caregivers Alliance, Health Net Seniority Plus, and Parke Davis Pharmaceutical Laboratories.

The program is free but pre-registration is required since seating is limited. Call 750-5342 for more information and to register.

Aggeler Lecture

The 26th annual Paul M. Aggeler Lecturer is Neal S. Young, chief of the hematology branch of the National Heart, Lung and Blood Institute, National Institutes of Health.

Young will give a lecture entitled, "B19 Parviovirus and Its Diseases" on Monday, Nov. 20, from noon to 1:30 p.m. in Toland Hall.

On Tuesday, Nov. 21, from 11:30 a.m. to 12:30 p.m., Young will discuss "Aplastic Anemia: Pathophysiology and Treatment," in Carr Auditorium at SFGH.

Recognized throughout the world as one of the foremost authorities in the field of coagulation, the late Aggeler served as chief of hematology at SFGH for many years. For more information on the lectures, call 206-8573.

Evening with Margaret Whiting Nov. 20.

Spend an evening with Margaret Whiting on Monday, Nov. 20, to benefit the Rosalind Russell Medical Research Center for Arthritis at UCSF.

The dinner concert will be held at 6:30 p.m. at The Family Club, 545 Powell St. Cost is $200 per person.

Whiting, who just completed a highly praised engagement at Tavern On the Green in Manhattan, has recorded more than 500 songs and 12 gold records. She introduced some of the greatest pop standards of all time, including, "That Old Black Magic." For more information on the event, call 476-1141.

Cabaret benefits UCSF AIDS Health Project

The UCSF AIDS Health Project (AHP) invites the public to "Facing the Future Together" 1995 Gala Cabaret honoring AIDS activist Pat Christen, on Monday, Nov. 27, at The Hyatt Regency, Grand Ballroom, Embarcadero 5.

Hors d'oeuvres will be served from 6 to 7:30 p.m. and the gala cabaret, award presentation and dessert will be from 7:30 to 9 p.m. Tickets are $75 with all proceeds going directly to support AHP programs.

Christen is co-author of the Ryan White C.A.R.E. Act and executive director of the San Francisco AIDS Foundation. Cabaret performers include Diane Amos, Ledisi of Beach Blanket Babylon and Clairdee & Scotty Wright.

AHP, now in its 11th year, is the only AIDS agency in San Francisco that focuses on meeting the mental health needs of those individuals affected by HIV disease. Through AHP programs, clients receive the education, support, and tools they need to deal with this disease and to prevent its spread. For more information on the event, call 476-6430.

Dinner a la Heart

The Mount Zion Institute on Aging Associates' 13th annual Dinner a la Heart fund-raiser is slated for Tuesday, Jan. 30, 1996 at 7 p.m.

This evening will benefit the Mount Zion Institute on Aging, which provides services that help San Francisco, the East Bay, Marin and the Peninsula at prices of $45, $64, $85 and $100 per person. Some of the restaurants participating this year are Fleur de Lys, Boulevard, Fringale, Bix, Ecco and Brasserie Savoy. For more information, call 750-4124.

Crime Alert

Fire torches two cars

A parking attendant in the ACC garage was treated and released at the Emergency Department after inhaling smoke from a car fire on Oct. 20, according to Sgt. Lorin Stracke.

No one else was injured in the afternoon blaze which erupted on the G level.

The cause of the fire was a faulty electrical system of one car which was completely engulfed by flames that also spread to an adjacent car.

The San Francisco Fire Department responded to the scene and extinguished the fire.

Police arrest patient

UCSF police arrested a male patient Oct. 16 at the ACC after he allegedly threatened the life of and attacked an outside vendor the week before, according to Sgt. Stracke.

The dispute between the two men began Oct. 9 outside the ACC. When the suspect returned for an appointment on Oct. 11, he allegedly chased the vendor with a meat cleaver and threatened to kill him. Witnesses intervened at the scene preventing the two from fighting. No one was injured in the altercation.

Man attacks student

A man was arrested on campus Oct. 16 after he reportedly attacked a male School of Dentistry student, says Sgt. Stracke.

On Oct. 15, the suspect allegedly kicked and attempted to choke the male student and temporarily restrained him. The suspect escaped before police responded to the scene. The victim suffered bruises to his neck.

On Oct. 16, the suspect reportedly returned to campus and was stopped in the School of Dentistry. He was charged with four felonies.

Open enrollment continues this month

Open enrollment lasts through November. Employees who haven't received an open enrollment mailing and Personal Identification Number (PIN) by Tuesday, Nov. 7, should call the campus Benefits Office at 476-1400. Those who have misplaced or forgotten their PIN should call 1-800-888-8267, ext. 70651 to reset their PIN.

Remember, open enrollment changes can be made this year only by an automated telephone system called bencom; forms will not be accepted. To access bencom, call 1-800-493-4833 from a touch-tone phone and provide your PIN.

Plan to attend an open enrollment meeting. Most meetings are held from noon to 1:15 p.m. unless otherwise specified. Here's the revised schedule:

Tuesday, Nov. 7 from noon to 1 p.m. at the VAMC, Building 200, Rm. 1A 122

Wednesday, Nov. 8 in Toland Hall

Thursday, Nov. 9, at Mount Zion in the Hellman Conference Room

Friday, Nov. 10 and Monday, Nov. 13 in Toland Hall

Wednesday, Nov. 15 at HSW 302 and from 5:15 to 6:15 p.m. in Toland Hall

Thursday, Nov. 16 from 1:30 to 2:30 p.m. at Oyster Point.

Fun Zone

Allen J. Balderson

Touching tribute to "Uncle Ernest and Aunt Ruthie"

This delightful watercolor of a couple of Renaissance Appel's favorite family members was one of several works of art featured at the 7th Annual Faculty and Staff Art Show held Oct. 12 and 13 at the Millberry Union Conference Center. Appel, a researcher in the GI division and longtime artist, says she painted this portrait last year to honor her uncle, who was "like a father" to her. Uncle Ernest recently passed away.

See a "good doctor"

Parnassus Players, the campus theater group, presents its fall production, "The Good Doctor," by Neil Simon. This is an adaptation of seven short stories by great Russian writer and doctor, Anton Chekov. Hilarious and wry observations of human nature are highlighted by Simon's deft touch. Performances are scheduled for Nov. 4 and 5, 9-11, 16 and 17 at 8 p.m. in Toland Hall. Admission prices are $5 for the general public and $3 for students.

Orchestra to perform

The UCSF Orchestra, under the direction of Jeremy Swerling, will begin its eighth season with a fall concert on Tuesday, Nov. 14, at 7:30 p.m. in the Millberry Gym.

The concert repertoire will incude Brahm's Symphony No. 4 in E Minor and Rodrigo's Concierto de Aranjuez with guest classical guitarist, Florate Aguilar. Admission is $5 for general public; $3 for UCSF employees and seniors; and free for UCSF students.

Holiday crafts fairs

Employees can get a head start on their holiday shopping when crafters and community artists sell their works at two upcoming crafts fairs.

MCB hosts its fair on Wednesday, Nov. 15, from 9 a.m. to 4 p.m. On Parnassus, the fair will be on Thursday, Dec. 7, from 8 a.m. to 4 p.m. in the Millberry Union Gym. These events are sponsored by and proceeds go to EMPACT!

Lisa Cisneros

UCSF police salute three women

UCSF Police Chief Ron Nelson, center, gave three awards at an Oct. 27 ceremony held during the department's annual inspection of uniforms, equipment and vehicles. Rookie Officer Renee Swan, left, received a bronze medal for performing CPR to help save a doctor's life in the ACC on April 12. Officer Holly Choy, right, a 12-year veteran of the force, received a silver medal for risking her health and safety to revive a transient man who suffered a seizure as a result of a heroin overdose. Christine Yee, center, personal safety coordinator, received a commendation for her service in planning room and board for UC police officers attending the UC Board of Regents meeting in July.

Nominate now for Chancellor's award

Nominations now are being sought for the 1996 Chancellor's Award for the Advancement of Women. This annual award recognizes one faculty, staff and student for their contributions to the advancement of women at UCSF, and/or for increasing knowledge of women's health through research, teaching and public presentations. Both men and women may be nominated. Each recipient will receive $1,000. Nomination forms are available in the Chancellor's Office, S 126. Nominations must be received in that office by 5 p.m. Friday, Dec. 1. Award recipients will be announced in January 1996 and they will receive the awards at a presentation ceremony held during Women's History Month in March. For more information, call Ruth Weiller at 476-4223.

Help students find jobs on campus

The UCSF Student Placement Office is asking the campus community to do what it can to develop quality job opportunities to put students to work.

As UC student fees have risen sharply over the past decade, costs have outpaced financial aid and family resources for many students. More students need to work to help pay for their educational expenses and to keep debt down, says Darlene Collins of the Student Placement Office.

At the same time, departments have been cutting expenses, which has led to a shortage of jobs on campus for UCSF students, says Collins, who in a good year can fill some 600 to 800 jobs.

"UCSF students are an excellent option for those of you seeking to fill part-time temporary positions or full- or part-time summer jobs," she says.

If you have a job for a student, call Collins at the Student Placement Office at 476-4111 or fax her at 476-6652.

AIDS funds available

HIV and AIDS research funds are available from the UCSF AIDS Clinical Research Center (ACRC) and UCSF Center for AIDS Research (CFAR).

Preference for awarding funds is given to pilot studies. The deadline for the next funding cycle is Friday, Dec. 1.

Applicants can submit studies in basic science, epidemiology, behavioral science, as well as clinical trials. Predoctoral students interested in getting involved in AIDS research are also eligible to apply. For more information and applications, contact Layne Ethington at 476-8857 or e-mail, stom%layne@ccmail.ucsf.edu.

Faculty members also are sought who would like to be included in a database of peer reviewers for the Pilot Study Program. If you would like to participate, contact Ethington at the phone number or e-mail address above.

Medical Call Board

Pressure ulcers

The School of Nursing's Department of Physiological Nursing is conducting a study to examine nutrition and circulation in individuals with pressure ulcers, also known as bedsores. Measurements for the study will be taken in the home. Participants in this study should have bedsores, be living at home and be at least 55 years old. Participants also should be taking their nutrition orally, speak English and have a telephone. For more information, call Nancy A. Stotts at 476-4412.

Hepatitis B treatment

Researchers at the VAMC are enrolling men and women, ages 18 to 65, who have chronic Hepatitis B or are Hepatitis B carriers into two studies. The first study involves using a newly developed vaccine called CY-1899 with a follow-up in six months. The second study is a year of treatment using Lamivurdine either with or without interferon. Participants must be Hep B surface antigen positive, Hep B e antigen positive and Hep B viral DNA positive. For more information, call Manon Marovich at 221-4810, ext. 3944 or Terry Wright at 750-2105.

Herpes vaccine

UCSF researchers at SFGH are evaluating a preventive vaccine against herpes simplex virus infection. Participants should be men or women ages 18 to 45 with no history of genital herpes. Vaccine or placebo is administered three times over six months. Participants are then followed for a year. For more information, call Janet at 206-3629.

Chronic pain

The Pain Clinical Research Center is looking for participants to join its research studies on chronic neuropathic pain. Part of the Department of Neurology, the center is studying chronic pain syndromes — caused by damage to the nervous system — from common injuries and illnesses like diabetes, neuralgia, multiple sclerosis, post-mastectomy surgery and shingles. Participants must be over 18, in stable physical and mental health and able to read English. For more information, call 476-0418.

Medsounds Continued

Editor's note: At a time when it is crucial to provide courteous and responsive service to patients, visitors, health care workers and to each other, the Medical Center would like to remind everyone of the telephone and house standards developed several years ago. They are still very relevant today. Copies of these standards are given to all employees at their orientation and also are available in every department and nursing unit through the forms ordering system. The Patient Relations Dept. asks that staff please take a moment to review them to ensure that they provide as well as receive helpful, courteous assistance.

Telephone standards

General

♦ Vary the tone of your voice; sound non-rushed and helpful. Give your full attention to the caller — don't carry on two conversations at once.
♦ Use the caller's name during the conversation.
♦ Eating or chewing gum while speaking on the telephone is not appropriate.
♦ Offer assistance to callers. If you cannot help them, assist the caller in finding the appropriate number or person. It is not acceptable to say, "I don't know," without a follow-up offer of assistance.

Placing a call

♦ Identify yourself (and your department if it is not already known.)
♦ Explain your purpose of the call.
♦ Have all the information ready before you make the call. (Example: patient's name, unit number, schedule, etc.)

Answering

♦ Answer with unit/department and first name. Use of your last name is encouraged, but optional.
♦ Have a pen/pencil and paper ready to take a message.
♦ Answer the phone within three to five rings.
♦ If appropriate, ask who is calling; then announce this information to the receiving party.

When a person is unavailable

♦ Always offer to take a message or offer your assistance.
♦ Be responsible for ensuring that the person receives the message.
♦ All calls or messages should be returned within 24 hours.
♦ No personal information or unnecessary explanations should be given if the person cannot come to the telephone.

Wrong number

♦ If a call is misdirected to your area, offer assistance in transferring it to the correct department or unit. First, give the caller a number in case the transfer is incomplete. Do not transfer the call unless you are reasonably certain that the receiving department can help the caller.
♦ If you dial a wrong number, apologize before hanging up.

Transferring a call

♦ Tell the caller that you are transferring them; give the caller the name and extension of the receiving department before initiating the transfer.

Putting a caller on hold

♦ Ask the caller, "May I put you on hold?"
♦ Listen to the reply before putting the caller on hold.
♦ No caller should be on hold for more than 30 seconds. When you return to the call, thank the caller for holding and indicate how long the wait is expected to be.
♦ Make periodic checks to see if the caller wishes to continue to hold or would prefer to leave a message.

Taking a message

♦ Write down the full name, time, date and telephone number.
♦ Don't hesitate to ask the caller to spell his/her name or repeat the number.

House standards

General

The Medical Center staff recognizes that patients, visitors, volunteers and fellow employees are to be treated with courtesy, sensitivity and respect at all times. It is an expectation that all staff make the "extra effort" to ensure a professional, gracious, and overtly hospitable environment for patients, visitors and fellow employees. It is our goal to maintain an atmosphere of personal and institutional excellence where outstanding performance is expected.

First impressions

Patients and visitors are guests in our institution. As such we will:

♦ Greet them with eye contact and a smile.
♦ Yield to them in elevators and stairwells, holding doors open for them as necessary.
♦ Offer assistance to them if there is the slightest indication that assistance is needed.
♦ Address them by their last names (e.g., Mr. Smith) unless asked to do otherwise by the patient or visitor.
♦ Respect their privacy by knocking before entering their room.
♦ Wear visible photo identification badges at all times;
♦ Introduce ourselves by name and title when meeting them for the first time.
♦ Maintain a neat and clean environment for them (e.g. pick up papers or debris in the hallways or notify the appropriate Medical Center department to do so).

Positive first impressions are critical to our continued success. As such we will refrain from:

♦ Holding conversations about patients in public areas or about personal or work-related situations in patient areas. Employees are expected to use good judgment when holding conversations about personal or work-related situations in public areas.
♦ Loud laughter, noise or profanity in public or patient areas.

Lisa Cisneros

Devins does her civic duty

Physical therapist Joy Devins donated her 1980 Honda Civic to the Hospitals Auxiliary, which helps to provide the "extras" for patients at the UCSF Medical Center, such as rocking chairs for the Perinatal Service so nursing mothers can comfortably bond with their child. The Auxiliary kicked off its car donation fund-raising campaign last week, but the Auxiliary will actually take any mode of transportation with a pink slip. The vehicles will be sold to benefit the Auxiliary. For more information or to donate a car, call Teru Herano at 476-4906.

Voice *(from page 8)*

the cause of the voice problem so we can aim treatment at the specific cause rather than just treating the symptoms," adds Carla Gress, speech pathologist and manager of the Voice Center.

With the recent acquisition of high-tech equipment for diagnosing and treating voice disorders, most of which are housed in a soundproof studio, the Voice Center at the UCSF/Mount Zion Cancer Center is one of only about two dozen such places in the country.

Gress ran a battery of tests on Goldsberry at a follow-up exam last week after Steven Sloan, assistant professor of otolaryngology, injected a drug, Botox, into the patient's vocal cords on Sept. 28. When injected into the muscle of the vocal cords, Botox, a purified form of botulinum toxin, produces a localized muscle weakness that prevents spastic contractions and produces a more fluent voice for some six to eight months.

Sloan, who specializes in both speech and swallowing disorders, turns to the expertise of Gress and the technology of the Voice Center in complex cases for several reasons. "We take a team approach to patient management, employing the technology not only to document the pre- and post-treatment changes, but to enhance the patient's understanding of the voice and learn to produce it more efficiently. Most of our patients, with education, can interrupt the maladaptive behavior that results in vocal cord abuse."

The gamut of tests showed that Goldsberry's condition had improved significantly and is likely to get even better with speech therapy, Gress says.

Equipment available at the Voice Center includes:

♦ **Acoustical tests** — A digital audio recording of the patient's voice measures several acoustic features including pitch, loudness and breathiness. The vocal cords' full capabilities and flexibility also are measured in what's called "vocal stress tests."

♦ **Aerodynamic tests** — Air exiting the lungs causes the vocal cords to vibrate, creating sound. Air pressure and air flow are measured non-invasively by placing a small mask over the patient's face. As the patient talks, a specially designed computer program provides information about how the lungs and vocal cords are interacting. For example, high air pressure may indicate that the patient is using too much physical effort to speak.

♦ **Electroglottography** — Vocal cord vibrations are recorded and analyzed by placing two small electrodes against the Adam's apple.

♦ **Video tract imaging** — Using a flexible or rigid scope that is attached to a miniature video camera and a computerized VCR, the larynx is viewed to look for any abnormalities such as singers' nodes, swelling or polyps. A strobe light is used to simulate slow motion of the vocal cords while vibrating so movement can be examined. This is important since, on average, vocal cords vibrate about 200 times a second in women and 125 times in men. The tape is then reviewed by the voice care team to aid in determining a diagnosis and treatment plan. Patients also are able to see how the vocal cords work, which gives them a better understanding of their voice disorder. That leads to a faster recovery time.

Lisa Cisneros contributed to this report.

Lisa Cisneros

Gress, left, and Goldsberry at the Voice Center

Information *(from page 8)*

faxes to computers to cellular phones. That group, which is working on a plan for the entire clinical enterprise, has come up with several recommendations that will likely form the framework of revised policies and procedures to be unveiled in the coming months.

One of the group's recommendations is to kick off an education campaign to make physicians, nurses, allied medical staff and others aware of the importance of preserving confidentiality through clinical enterprise systems (CES), especially as it relates to patient matters. Watch for news about this effort in Medsounds and the new newsletter, CES Update. CES Update is the source to turn to for the specifics about current and planned information systems projects and available new technologies and applications, says Ron Schumacher, chief information officer.

The committee also is recommending that staff and students sign a revised confidentiality policy statement that prohibits sharing passwords for STOR, the main computer system that physicians and medical staff use to get patient information. The committee recommends that a policy and procedure be set up that would enhance the safeguarding of passwords.

Other recommendations include designating an information security officer to ensure information confidentiality, directing departments that share information via telephone and fax machines to develop internal procedures to protect patient privacy, and developing management review reports to identify security breaches.

Pink *(from page 8)*

fant in the midst of a busy and complex academic medical center. "It is important for staff to remember that the threat of attempted infant abductions still exists," she says. "The first five minutes are crucial in the successful recovery of an infant."

That's why the Medical Center will continue to conduct unannounced tests of the Code Pink procedures to ensure that staff is prepared and properly trained.

Upon hearing an overhead announcement of "Code Pink," all available staff is asked to monitor the nearest avenue for escape — stairwells, hallways, elevators — and to observe and report any suspicious activity that may be related to a kidnapping directly to campus police. The UCSF police emergency number is 476-6911.

Suspicious activity may include persons attempting to conceal an infant, persons running while carrying an infant, large bag or package, or an obvious lack of eye contact by a person leaving quickly with an infant. Staff members are asked to write down specific information such as descriptions of the suspect's physical characteristics, clothing, companions, escape vehicles, etc.

In addition to a hospital security system, the Medical Center's nursing staff follow other safety measures. For example, all newborns receive an identification band affixed to their wrist either in the delivery room or the Intensive Care Nursery. They instruct parents to release their infant only to their nurse or pediatrician and to check that the person is wearing a UCSF photo identification badge. Prior to the release of an infant at the time of discharge, a nurse will verify the identity of the parent or legal guardian by asking to see a photo identification or mother's patient identification band.

Nurse *(from page 8)*

in infancy. For adults and children, clean water is critical to minimize chronic parasitic infections that result in an impaired immune system.

"The overall goal of these activities is to show that environmental and cultural preservation need not conflict with improving the quality of life," says Bremer-Kamp. "To the contrary, we aim to demonstrate that environmental and cultural preservation can be an outcome of improved health and education."

She plans to focus on pre-school education when she returns to Nepal next year. "I feel really good about the health care program; I feel less confident about the education," she says.

To donate to the project, which receives funds from the American Himalayan Foundation and Himalayan Fair, send tax-deductible contributions to the Kangchenjunga School Project, 1001 Bridgeway, P.O. Box 179, Sausalito, Calif. 94965. For more information, call 388-0788.

Cherie Bremer-Kamp, left, in Nepal

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Page 1 ... Speakers scoff at playing race card

Medsounds is a section of Newsbreak for and about employees of the Medical Center, including Moffitt-Long, the ACC, UCSF/Mount Zion and Medical Center employees at Mission Center and Laurel Heights.

Revamp GME funding, researcher says

By REBECCA HIGBEE

At a time when the health care market demands more primary care providers trained for community settings, federal support for graduate medical education (GME) continues to encourage specialized training in hospital settings, says a UCSF researcher in the report, "Shifting the Supply of Our Health Care Workforce."

Federal funding for GME, which includes both direct and indirect medical education costs, is on the chopping block in budget proposals on Capitol Hill. The House plan would cut UCSF's indirect medical education by $59 million and its direct medical education funding by $12 million over seven years. The Senate's plan would cut UCSF's indirect medical education funding by $87 million by 2002. At this writing, the next step is for both houses to resolve their differences and submit a bill to the President, who has said he would veto it.

The report was released recently by the Pew Health Professions Commission, a national center administered at UCSF. Looking at a total practicing physician community of more than 600,000, Ed O'Neil, executive director of the commission, found an oversupply of 100,000 to 150,000 doctors, most of whom are medical specialists, and a shortage of generalists.

A principal reason for the imbalance is a federal policy that compensates academic health centers for supporting specialty training programs and the Medicare-related services that they provide, O'Neil says. The federal program "ignores the logic of equipping future physicians with the skills necessary to manage patient care in community and ambulatory settings," he says.

The report recommends:

♦ Change the current method of reimbursement for GME under Medicare and Medicaid. "Attach the support to the resident as opposed to being part of hospital payments."

♦ Modify the existing formula for calculating reimbursement of GME costs by giving primary care residents more weight.

♦ Support primary care residencies at the full payment amount based on the 1995 schedule of reimbursement. Eliminate specialty residencies to reduce GME financing pool.

♦ By the year 2000, double the numbers of nurse practitioners and nurse midwife training positions from their numbers in 1990.

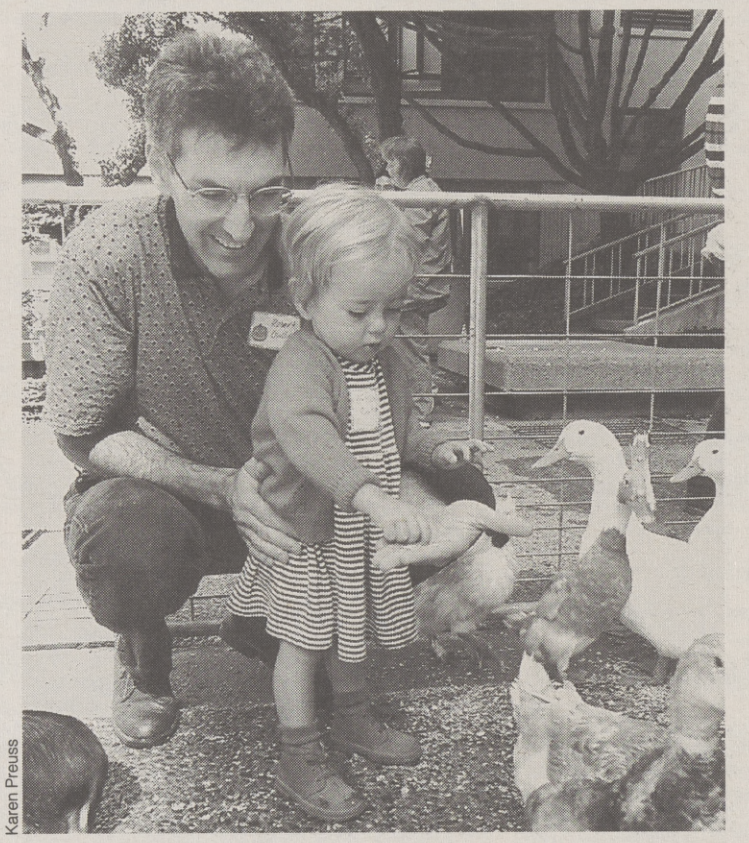
Group looks at policy changes in information age

The advent of the information age brings unprecedented speed and ease of access to data which can be vital in the health care industry, but it also brings new challenges to those working in it.

Perhaps the biggest question today is how to preserve patient privacy while on-line and telecommunication technology booms. And as the UCSF Medical Center and its related health care sites begin to expand and improve information systems across the clinical enterprise, finding an answer quickly is more critical than ever.

With these issues in mind, a multidisciplinary committee made up of Medical Center and campus staff was formed in June to review current practices and to suggest new ones to maintain confidentiality of information available through all forms of technology from

(See **INFORMATION** *on page 7)*



Karen Preuss

Feeding frenzy

San Francisco residents Erica Eisen, 2, and her dad, Robert, fed some ducks Oct. 21 when UCSF set up a "petting zoo" on its Parnassus campus as part of a special reunion with children who once had life-saving medical care in the Intensive Care Nursery. More than 250 families from throughout Northern California participated in the event as did the doctors and nurses who cared for them.

Voice Center takes team approach to healing

Experts ease suffering of strained speech

By EMILY PEARCE

Tour guide Tillie Goldsberry had never been at a loss for words until her deteriorating voice began to take a toll on her professional and personal life.

"It was hard for me to get the words out," Goldsberry says. "Instead of speaking, I was withdrawing. That was unusual for me because I've always been an outspoken person."

Goldsberry is among the teachers, ministers and thousands of others who spend a lot of time talking and, thus, cope with chronic voice problems. The causes of vocal difficulties may vary with each individual. But the most common chronic voice problem, making up about half of all cases, is vocal abuse or overuse, experts say.

Goldsberry of Santa Clara suffers from a fairly uncommon voice problem, spasmodic dysphonia, a movement disorder that causes the muscles of her larynx to tighten and her voice to sound strained, almost strangled-like. "My voice was getting to the point that it was difficult for me to speak clearly, I thought I was going to have to quit my job," Goldsberry says.

In the past, patients with debilitating voice problems may have gone to a speech pathologist or physician who listened to them speak, looked down their throats and then recommended a treatment plan. But with increased sophistication of digital audio, computer and video technology, experts located at the UCSF/Mount Zion Voice Center are able to use modern technology to make a diagnosis "based more on scientific fact and less on speculation," says Mark Singer, chief of otolaryngology at UCSF/Mount Zion and medical director of the Voice Center.

"The advances made in diagnostic equipment enable us to more precisely determine

(See **VOICE** *on page 7)*

Nurse turns tragedy into triumph in Nepal

By LISA CISNEROS

What began 10 years ago as a tragedy for nurse Cherie Bremer-Kamp has evolved into a truimph for her and the people of a remote region of Nepal.

During the winter of 1985, Bremer-Kamp, now a research nurse for the Liver Transplant Service, was mountain climbing in the Himalayas at 17,000 feet when her husband died after succumbing to altitude sickness and she lost her toes and fingers, except her thumbs, to severe frostbite.

UCSF AROUND THE WORLD

Himalayans who lived in a village at 11,000 feet, came to her rescue, carrying Bremer-Kamp and other injured members of her party down to 10,000 feet where they were transported by helicopter to medical treatment in Nepal's capital, Kathmandu. After Bremer-Kamp was saved, she asked the villagers what she could do for them. She has been working on their behalf ever since.

For the past decade, Bremer-Kamp has shown her appreciation and admiration to the people of Kangchenjunga, a region that borders India. With the help of many volunteers, she delivered primary health care to villagers and trained others how to practice in her absence, taking an approach similar to the "barefoot doctors" in China. A barefoot doctor is a local resident trained in the basics of primary health care.

Through the nonprofit Kangchenjunga School Project, which Bremer-Kamp founded as a memorial to her husband, her efforts have helped finance construction of two schools, which are staffed by locals, and medical clinics in the villages of Ghunza and Folay. Without the clinics, villagers would have to take about a five-day trek to Taplejung, where the closest hospital is located, and which offers very limited care.

She also has worked to finance improvements to the water supply by installing a system and upgrading another. These projects were aimed to reduce the incidence of diarrheal diseases, a leading cause of death

(See **NURSE** *on page 7)*

"Code Pink" drill gets baby, suspect

By LISA CISNEROS

Protecting patients from danger is a major priority of hospital security, especially when it comes to safeguarding those who cannot defend themselves — babies.

The UCSF Medical Center recently conducted its first drill of "Code Pink," a hospitalwide response plan that outlines procedures for staff to take in case of a suspected infant abduction from the Neonatal/Perinatal units. During the Oct. 3 drill, organized by Nursing, Hospital Security and UCSF police departments, several staff members called campus police to report that a suspicious woman was seen running with a baby (doll), says Pete Balestreri, manager of Medical Center security. And within 10 minutes the suspect was apprehended in the Moffitt Lobby by responding police personnel.

"We're happy the 'suspect' was caught before she exited the hospital," said Balestreri after the test. "We'd like to thank everyone who participated in the successful drill."

While parts of the hospital are equipped with an alarm/video system to alert staff in the event of a suspected infant abduction, Cindy Lima, Medical Center assistant director and safety officer, says such security devices do not guarantee the complete safety of an in-

(See **PINK** *on page 7)*

New advances in endoscopic techniques

Remarkable new advances in endoscopic techniques, which have already revolutionized sports medicine, are now changing the way spine surgeries can be performed.

Surgeons are adapting endoscopic technology to the chest area (thoracoscopy) and abdominal cavity (laparoscopy.)

Over the past year, H. Ulrich Bueff, assistant professor and chief of orthopaedic surgery at UCSF/Mount Zion, has conducted a series of minimally invasive surgeries using laparoscopy and thoracoscopy to remove discs and perform spinal fusions with the help of a multidisciplinary team of specialists.

"In the cases where we've used the technique, the patients have been doing very well," says Bueff, adding that he has treated conditions such as thoracic disc herniation and even a tumor.

Scope-assisted technology permits surgeons to operate using minimally invasive instruments while images of the operation are transmitted, via fiber optics, to a viewing screen. The advantages over open surgery are that endoscopic techniques allow for smaller incisions, decreased surgical trauma and stress, less post-operative pain and faster return to function.

The trend to performing minimally invasive surgery is especially important in today's health care environment because patients require less hospital time to recuperate and, therefore, costs are controlled. For example, a patient who undergoes a thoracic discectomy with thoracscopic techniques can leave the hospital after three days with three small skin incisions. In contrast, patients have typically stayed in the hospital up to a week after undergoing thoracic discectomy via open thoracotomy with resection (removal) of a rib. "Now patients bounce right back," Bueff says.

"Now patients bounce right back. There is less morbidity, better outcomes and patients are happier."

— H. Ulrich Bueff, spine surgeon

"There is less morbidity, better outcomes and patients are happier."

The new operative techniques require close cooperation of various specialists, including Robert Cameron, assistant professor and chief of thoracic surgery, and James Macho, associate professor in the Department of General Surgery.

Bueff will be starting a course at UCSF to teach the procedure beginning Friday, Nov. 10. "It's our obligation to teach what we know to other practicing spine surgeons," he says. "There's a great need for these procedures in the community.